

Food Allergies: Think Smarter, Not Harder

Peggy Eller, RD, CD

Julie Skolmowski, MPH, RD, SNS

Video:

Managing Food Allergies in Schools

- www.nfsmi.org/foodallergy

What Are Food Allergies?

- Food allergies are caused when the immune system mistakenly targets a harmless food protein – an allergen – as a threat and attacks
- A food allergic reaction can be very serious and may even cause death
- The only way to prevent a reaction is to avoid exposure to the allergen

Food Allergy Facts

- Affect 1 in every 13 children in the U.S.
 - Roughly two in every classroom
- Among children, increased approximately 50% between 1997 and 2011
- Reactions result in more than 300,000 ambulatory-care visits a year among children
- Children with a food allergy are 2-4 times more likely to have other related conditions such as asthma and other allergies

The 8 Major Allergens

- Milk
- Eggs
- Peanuts
- Tree nuts
- Fish
- Shellfish
- Soybeans
- Wheat

Accommodating Students with Disabilities

- Accommodations must be made at no additional cost to the student
- Any food allergy or intolerance could be considered a disability
- Disability must be determined by a licensed physician and a written statement must be provided

Required Statement for Students with Disabilities

- Identify the disability
- How it restricts diet
- Major life activity affected
- Foods to be omitted
- Foods to be substituted

Food Allergies: Key Concepts

- Take a Team Approach
- Read Labels
- Identify Hidden Allergens
- Avoid Cross Contact

Team Approach

- Administrators
- Teachers
- Nurses
- School Nutrition
- Other School Staff
- Parents
- Students

What Do School Employees Need to Know How to Do?

- Recognize an allergic reaction
- Respond to an allergic reaction
- Read an emergency care plan

Reading Labels

- Allergens can be listed in two ways
 - In plain language in the ingredient statement
 - Following a “contains statement”
- Read every label, every time
 - Ingredients can change
- Look out for product substitutions
 - Many ingredients contain allergens
- Understand precautionary labeling

Identifying Ingredients in USDA Foods

- Keep outer packaging for bulk items, including USDA Foods
 - USDA Foods contain the same labeling information as other commercially available foods
- Contacting State Agency instead of manufacturer may result in delays

What Are Hidden Allergens?

- Not an obvious part of the food
- Processed foods can contain many ingredients, and often contain hidden allergens
 - This is why you have to read labels carefully and look out for product substitutions

Food Allergy Fact Sheets

- www.nfsmi.org/foodallergy
- Food Allergy Resources from USDA and NFSMI
- Fact Sheets provide information related to each of the eight major food allergens
- Additional fact sheets address frequently asked questions

Cross Contact v. Cross Contamination

- Cross Contact
 - An allergen is accidentally transferred from a food containing an allergen to a food or surface that does not contain the allergen
- Cross Contamination
 - Microorganisms are unintentionally transferred from a food, person or surface to another food during preparation and storage

Cross Contact

- Cooking does not reduce or eliminate the protein, so there is still a chance of a person with the allergy having a reaction to the food
- Proper cleaning with soap, water, and friction removes allergens
- Sanitizers do not remove allergen residue

How to Avoid Cross Contact

- Prepare and store allergen free foods separate from other foods
- Use stickers, color coding, or other methods to clearly label foods with or without allergens
- Clean and sanitize properly

Reducing the Risk of Exposure to Food Allergens

- <http://www.foodallergy.org/resources/schools>
- FARE, a national food allergy and research organization, has put together some great resources to help you reduce the risk of exposure to food allergens
- These resources address label reading and cross contact

Resources

- <http://www.nfsmi.org/foodallergy>
- <http://www.allergyhome.org/schools>
- <http://www.foodallergy.org/resources/schools>

New Training Course!

- Developed for school staff
- Covers
 - Food allergy basics
 - Reading and managing labels
 - Avoiding cross contact
 - School-wide approach
- Contact training@nfsmi.org for more information

Label Reading Activity #1

- Ingredients: Sunflower Seed, Sugar, Mono-Diglycerides, to prevent separation, Salt, and Natural Mixed Tocopherols to preserve freshness.
- Made on equipment that processes soybeans. Processed in a peanut and tree nut free facility.

Label Reading Activity #2

- BEEF, WATER, TEXTURED SOY PROTEIN, EGGS, DEHYDRATED ONION, GARLIC, SPICES, BREAD CRUMBS
- ALLERGIES: CONTAINS EGGS, MILK, AND WHEAT

Hudson School District

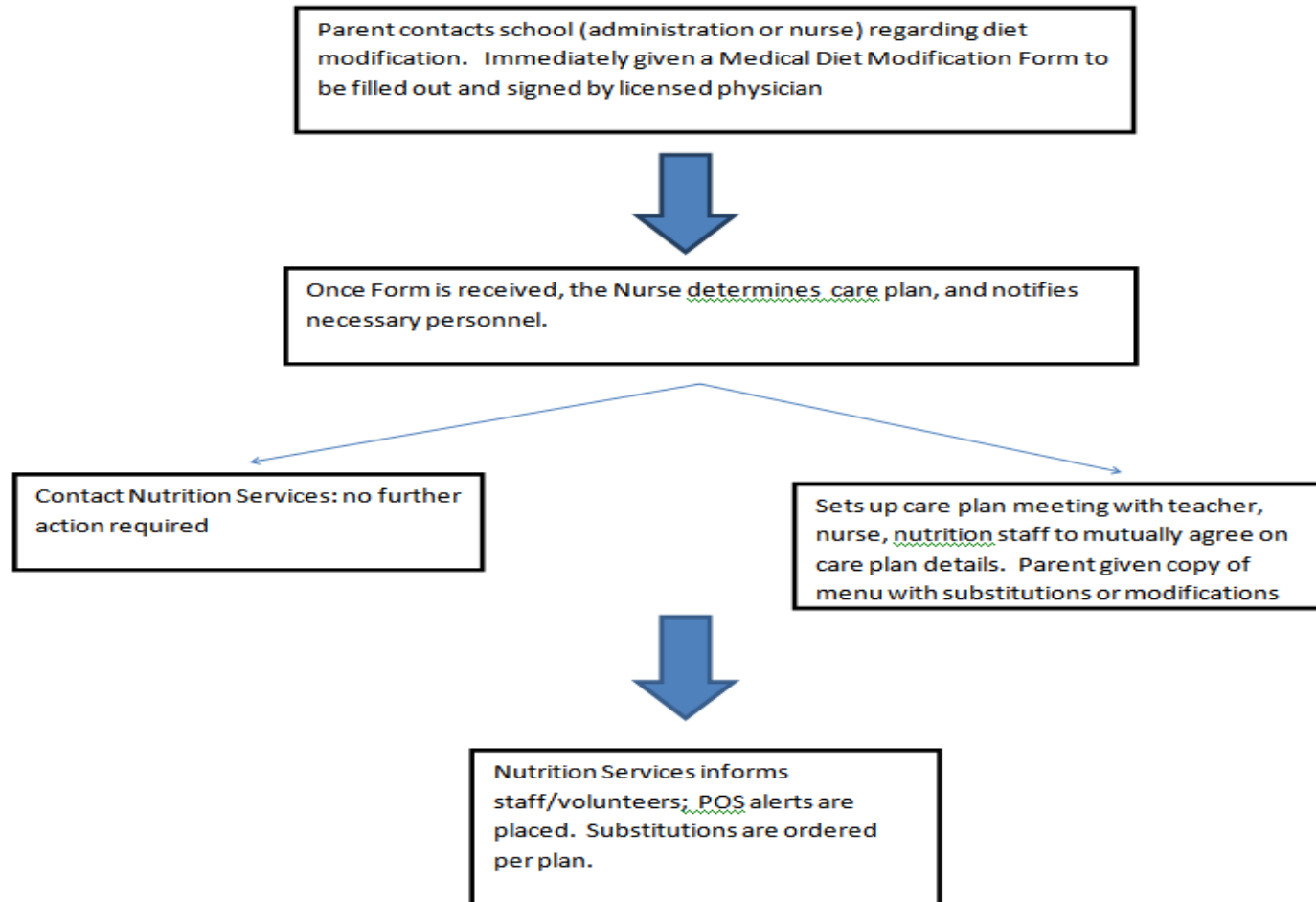
Nutrition Program

- Students
 - 5600 enrollment at 6 elementary, 1 MS, 1 HS
 - 15% F/R eligible
 - 9% Minority Students(Asian, Black, Hispanic)
 - Satellite to 2 private schools
 - “Closed” Campus
- Special Dietary Needs
 - 5.2% with special dietary needs
 - 3% food allergies/intolerances
 - 1.5% Metabolic Disorders (primarily Diabetes)
 - .7% gluten free Celiac Disease

Hudson Policy

- Provide “allergy-aware” environment
- Do not “ban” foods
- Provide education and supportive community
- Minimize the risk
- Educate staff/volunteers to respond to circumstances
- Provide suitable dietary substitutions where indicated

Hudson Diet Modification Protocol



NOTE: Nutritional analysis is done monthly. Managers/nurses are notified of substitutions

Allergen List is updated annually, with new product information added throughout the year.

Medical Diet Modification Form

- MUST complete the “Medical Diet Modification Form” and certified by an authorized licensed physician.
- Indicate whether the child has a disability or not
- What diet restrictions are needed
- What foods should be substituted; modifications to texture: or special equipment
- Return form to School Nursing Services

Nursing Services

- Oversee administration of medical diet protocol
- Notify affected staff/departments (Nutrition Services, teachers, special services, aids)
- Set up Care Plan meeting if necessary
- Coordinate training for appropriate staff
- Monitor compliance and recommend changes as necessary

Food Identification Procedures: (Central Office)

- Identification of allergens. (Including known and hidden sources)
- Maintain food labels from each food served to a child with allergies
- Maintain contact information of vendors to access food ingredient information
- Maintain Allergen List

Entrées - Elementary

Food	Recipe #	Milk	Egg	Wheat	Soy	Peanut	Tree Nuts	Fish	Shellfish	PORK
Cheeseburger on bun		*		*	*					
<i>beef pattie, flamebroiled</i>	I-900070				*					
<i>cheese am. Sliced</i>	I-900291	*			*					
<i>bun</i>	I-990130	*		*	*					
Cheese Quesadilla	R-000573	*		*						
<i>cheese, reduced fat cheddar</i>	I-900468	*								
<i>9" whole wheat tortilla</i>	I-900498			*	*					
Cheesy Pasta Bake	R-000200	*			*					
<i>browned beef</i>	R-000004				*					
<i>spaghetti sauce</i>	I-900248									
<i>pasta/ macaroni</i>	R-000799				*					
<i>cheese, reduced fat cheddar</i>	I-900468	*								
Chef's Salad	R-000864	*		*	*					*
<i>cheese, reduced fat cheddar</i>	I-900468	*								
<i>croutons, seasoned homemade</i>	R-000707	*		*	*					
Chicken Alfredo and Penne		*		*	*					
<i>alfredo sauce</i>	R-001041, I-900667	*			*					
<i>chicken fajita strips</i>	I-900588	*			*					
<i>penna Barilla</i>	R-001042			*						

Student Identification Procedures: (School)

- Obtain/update list of all students with allergies and verify on POS. Keep file with picture of student
- Train all staff on proper procedure, including all substitute aids working in the kitchen and/or cafeteria
- Alterations to school lunch offerings will be approved and communicated through the Child Nutrition Services Director

Storage & Preparation Procedures

- Store potential allergen foods away from other foods to prevent cross contact.
- Prepare non-allergenic products first, allergenic foods last. Products may need to be prepared on a separate, clean pan to avoid cross-contact.
- Once allergenic food is prepared, remove food handling gloves and discard. Wash hands.
- Thoroughly wash any work surface with detergent solution using a clean towel. Rinse with clean water. Sanitize surface and allow to air dry
- Change your water and obtain a different cleaning towel before cleaning any other area of the kitchen, serving, or dining area.
- Be certain that all utensils, knives, cutting boards, or other equipment are cleaned and sanitized before use on next product. Change apron as needed to prevent cross-contact.

Cafeteria Procedures

- Familiarize yourself with the students who have food allergies (POS Flags)
- Train lunchroom monitors to recognize symptoms & monitor surrounding the child with allergies...
- Designate an allergy-free area and or table.
- Clean all tables and chairs thoroughly with soap and water: AND sanitized with approved sanitizing agent
- NOTE: Use a dedicated bucket for both cleaning and sanitizing peanut-free area.

Avoiding Cross Contact #1

- Problem
 - Preparing an allergen (e.g., chopping walnuts on a cutting board) and then a safe food (e.g., slicing tomatoes) without properly cleaning.
- Solution: ?

Avoiding Cross Contact #2

- Problem:
 - Allergen free foods may come in contact with an allergen in storage, in the refrigerator or the dry storage area.
- Solution: ?

Questions?

Peggy Eller, RD, CD

ellerpl@hudson.k12.wi.us

Julie Skolmowski, MPH, RD, SNS

Julie.skolmowski@fns.usda.gov

Flexibilities

- Phased-in Breakfast implementation
- Option to offer a daily meat/meat Alternate at breakfast
- Allowed students to take just one-half cup of fruit or vegetables under OVS
- Removed the starchy vegetable limit
- Pushed out the second sodium target by an additional year
- Lifted the weekly maximums on grain and meat/meat alternates
- Allowed frozen fruit with added sugar
- Clarified allowable whole grain-rich corn products
- Provided two-year flexibility for schools that cannot obtain acceptable whole grain-rich pasta
- Provided Smart Snack exemption for grain-only entrees served at breakfast

Tools for Schools

- <http://www.fns.usda.gov/healthierschoolday>
- Your one-stop guide to nutrition standards for school meals and snacks:
 - Free nutrition materials, training, and recipes for school food service
 - Smarter Lunchroom strategies
 - Tips for offering more fruits, vegetables, and whole grain-rich foods
 - Grant opportunities
 - Best practices from other schools
 - Regulations and policies

We want your feedback!

- Keep sharing your best practices, challenges, and concerns.
- Share best practices at -
<http://healthymeals.nal.usda.gov/best-practices>